



ADP U8-U10 Passing Technique

Category: Technical: Passing & Receiving

Difficulty: Beginner | **Start Time:** 09-Nov-2016 17:00h

Am-Club: Oakville Soccer Club
Carl Horton, Oakville, Canada

Description

Station A (10 mins)

Don't get caught

Organization:

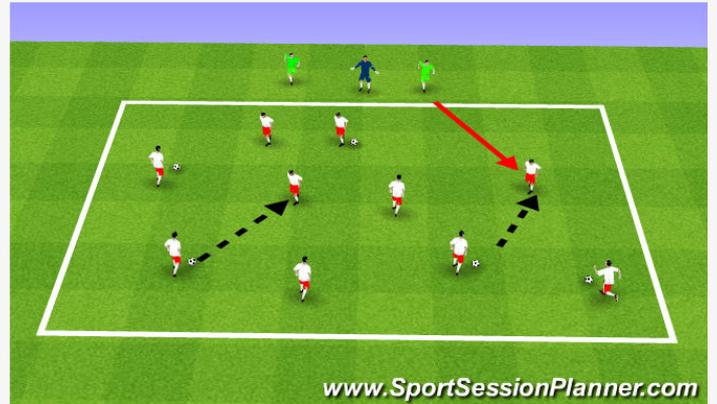
Set up a 20m x 20m grid, 12 players, 5 with the ball at their feet, 5 players with no ball and 2 players outside the grid as catchers.

Procedure:

On Coaches call the catchers try to tag the players without the ball only. Players with the ball will pass the ball to players without the ball to assist them not to be tagged. Ensure all players become The Tagger.

Coaching Points:

- Accuracy of pass
- Part of ball/Part of foot
- Communication
- Movement off the ball



Station B (10 mins)

3v3 Hand ball

Organization:

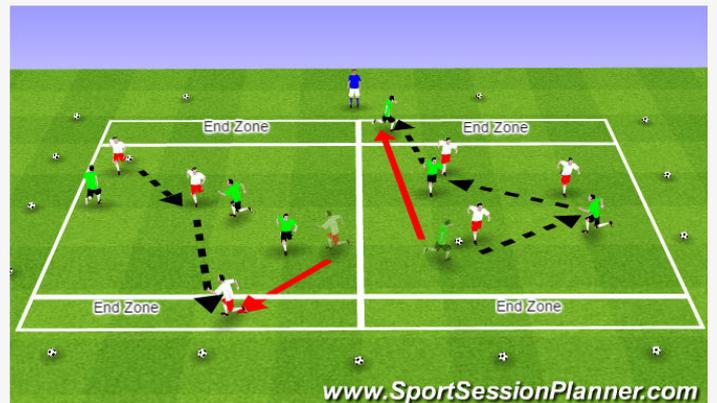
Two areas set up that are 30 x 25. Each area has a 5 yds end zone at either end. Players are placed in to 4 teams of 3, 2 teams per field.

Procedure:

Players play 3v3 handball. When the players have the ball in their hands they cannot move. When they do not have the ball they can move anywhere within the field. Aim of players in possession to catch the ball in an end zone to score a point. Once they score in one end zone, they keep possession to go and try to score in the other end zone. If the ball hits the ground it is an automatic turn over. The defending team can intercept the ball.

Coaching Points:

- Communication
- Angle of Support
- Distance of support
- Support as the ball travels



Station C (10 mins)

3v3 Street Soccer

Organization:

Two areas set up that are 30 x 25 with goals at each end. Players are placed in to 4 teams of 3, 2 teams per field.

Procedure:

Players play 3v3 street ball. If the ball goes out of the field they either make the decision to pass the ball in or dribble the ball in. Encourage the players to be creative.

Coaching Points:

- Accuracy of pass
- Part of foot/ball
- Communication
- Support as ball travels



Screen 4

6v6 with the Retreat Line.

Organization:

Players placed on to a field 35 x 45 into 2 teams of 6.

Procedure:

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way.

Allow the players to play.

